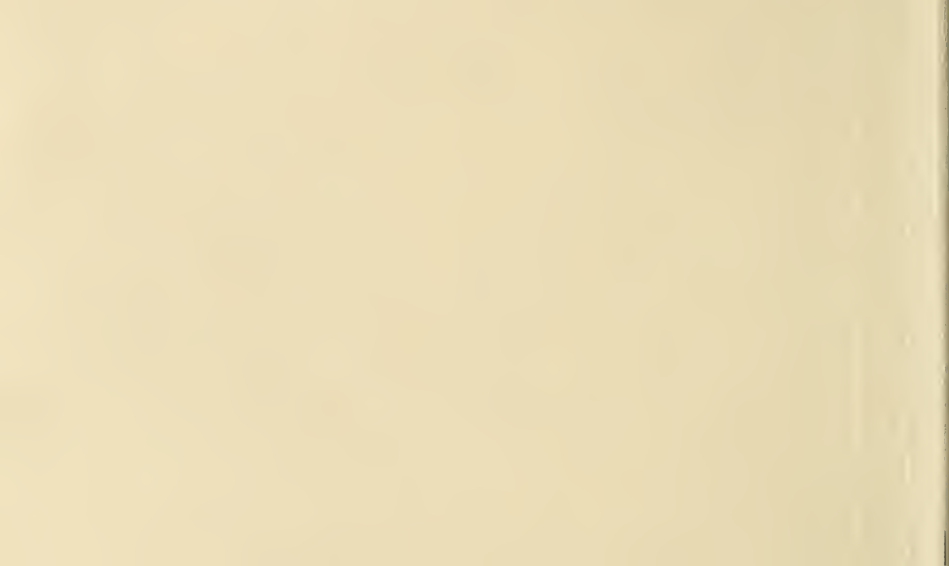


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## CONSUMER TIPS

Reserve

## Food Conservation

### HOW TO SAVE FOOD

#### I. PLAN YOUR MENUS IN ADVANCE.

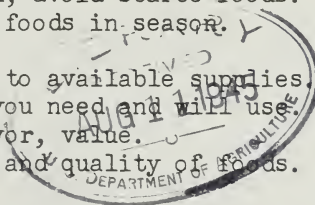
- A. Plan well-balanced meals, rich in food value.
- B. Use foods that are plentiful; avoid scarce foods.
- C. Use fresh, locally-produced foods in season.

#### II. BUY WISELY.

- A. Adjust meal plans according to available supplies.
- B. Buy only what you are sure you need and will use.
- C. Learn to judge quality, flavor, value.
- D. Compare labels for quantity and quality of foods.

#### III. STORE FOOD CAREFULLY.

- A. Clean food, if dirty, before storing.
- B. Keep in form which best preserves flavor & food value (peas unshelled, lettuce heads uncut, etc.)
- C. Store foods in proper temperature & under most favorable conditions for each kind; protect from spoiling.



#### IV. PREPARE FOOD PROPERLY.

- A. Throw away only absolutely inedible parts.
- B. Save trimmings, thin parings, vegetable tops, cooking juices, drippings, juices from canned fruits & vegs.
- C. Use best cooking methods to retain food values.
- D. Measure ingredients carefully; follow recipes.
- E. Estimate amounts according to number to be served.

#### V. SERVE TO CON-SERVE.

- A. Serve smaller portions; allow second self-helpings.
- B. Stimulate appetites through flavor, attractiveness.
- C. Educate family to importance of avoiding waste.

#### VI. USE UP ALL LEFT-OVERS.

- A. Store carefully to avoid spoilage; use soon.
- B. Try new, unusual recipes for disguising left-overs.

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(Information from Bureau of Human Nutrition & Home Ec.)

Listen to CONSUMER TIME - NBC Saturdays 12:15 PM-EWT.